Endometriosis, the mysterious disease of the modern age!
Endometriosis is one of the most far-reaching, devastating and misunderstood diseases in the world today. It is estimated that there are over 70 million women and girls who have Endometriosis world-wide. It is more common than breast cancer or AIDS, and many other diseases, that are well known. Despite the huge numbers of women who suffer from this disease, few people have actually heard of it, but this is gradually changing, though very slowly. This disease is becoming more and more common. It seems to be gaining ground. This could be for a variety of reasons.

The methods of detecting and diagnosing the disease are improving all the time, so statistics reflect this as growing numbers of cases are detected. The seriousness of the disease is gradually gaining momentum and more people are finally beginning to hear about it. This may be through television programs, magazine articles, the internet, or talking to friends. So there is an ever increasing public awareness. This public awareness helps to alert women who have concerns about their health, especially regarding pelvic and menstrual pain, so more women are able to determine whether they have Endometriosis.

More women are taking their pelvic pain and period pain seriously, rather than thinking of it as normal, so they are pursuing answers from the medical profession. Finally, the numbers of women who have the disease appears to be increasing in actuality, especially in the last 30 years or so. It is also more common in industrial countries, where pollution is higher.

SO WHAT IS ENDOMETRIOSIS AND WHAT DOES IT DO?
Fundamentally, Endometriosis is a serious biological malfunction which focuses on the reproductive organs and the pelvic region of a woman’s body. This disease will start quietly, insidiously and unnoticed. Then gradually symptoms of painful
periods, pain at other times of the month, and a general feeling of being run-down, will start to develop. In women with Endometriosis, the natural bodily processes of the reproductive system goes seriously wrong. The disease is linked and affected by the menstrual cycle and the hormones that make menstruation happen.

Physically, what happens is that tiny, and sometimes microscopic particles that are similar to the lining of the womb, find their way into the pelvic cavity. These particles behave in the same manner as the lining of the womb. The lining of the womb is called the endometrium, which is where this disease gets its name. The natural process of the endometrium is to react with hormones produced in the body and each month the endometrium builds up with blood cells and other chemicals to prepare for pregnancy. When pregnancy does not occur then the endometrium sheds this blood and women have a period. A similar reaction takes place in the stray cells that have found their way into the pelvic cavity. Each month they react to hormones, and break down and bleed, but the blood and tissue shed from these endometrial growths has no way of leaving the body. This results in internal bleeding, breakdown of the blood and tissue from these sites and leads to inflammation.
This process continues for months, or even years before symptoms of serious pain begins to develop. Many women start to suspect something is wrong because the amount of pain they feel with their periods starts to get worse and worse as the months go by. It is then that women start to investigate and question the state of their health.

For other women the disease may not throw up any noticeable symptoms, but they may be having problems with their fertility and are not successful in conceiving. It is then that they seek medical advice which could lead to having a laparoscopy. It is during this procedure that the disease may be found.

As time goes by, this disease will progress and start to do more damage in the pelvic cavity. Eventually it can lead to scar tissue formation, adhesions, bowel problems, as well as a gradual decline in general health.

**ENDOMETRIOSIS IN CONTEXT**

Endometriosis is not usually fatal (though there can be rare occasions where the symptoms can pose a serious threat to life and it is not cancer. It is not a disease that you catch from another person, nor is it a micro-organism that starts this disease like the processes of other infectious diseases. Basically it appears that the body, and its natural healing processes are defective. It can strike women at any time of their reproductive life but we are seeing more and more cases of young girls who have Endometriosis.

Recent studies are beginning to indicate that women with the disease are at greater risk of other health problems, but this could be an indicator that women with this disease are actually suffering from a breakdown in the immune system. This
situation seems to ‘ring true’ as many women who have Endometriosis seem to suffer from a myriad of other health problems.

Endometriosis is serious. It is affecting millions of women around the world. It is not simply disrupting women’s lives, it can be devastating for most women. It affects her health, her quality of life, her possibilities of having children, her income earning potential, her emotional well-being, her relationships, her sex life, her economics if she lives in a country where she has to pay for treatment, her social life; in essence it affects her entire life.

These are the hard facts that surround Endometriosis today. Many women suffer for years and years. They may have one surgical procedure after another. They may
spend thousands of dollars on treatment, especially if their health insurance does not cover it. They may travel miles in pursuit of sympathetic and informed medical treatment. This list goes on and on.

But there are some glimmers of hope beginning to appear. Many women today are beginning to take care of their own health with regard to dealing with Endometriosis. They are starting to realize that all is not clear cut with the objectives and priorities regarding health care in the modern world. The hope and courage for many women is gained through gathering and sharing information, especially from other women who have the disease. Many self-help measures are being exchanged between fellow sufferers, and where these measures are proving successful, this instills the value and proof that these methods will help.

**How do you know that you have endometriosis?**

Currently, health care providers use a number of tests for endometriosis. Sometimes, they will use imaging tests to produce a "picture" of the inside of the body, which allows them to locate larger endometriosis areas, such as nodules or cysts. The two most common imaging tests are ultrasound, a machine that uses sound waves to make the picture, and magnetic resonance imaging (MRI), a machine that uses magnets and radio waves to make the picture.
The only way to know for sure that you have the condition is by having surgery. The most common type of surgery is called laparoscopy. In this procedure, the
surgeon inflates the abdomen slightly with a harmless gas. After making a small cut in the abdomen, the surgeon uses a small viewing instrument with a light, called a laparoscope, to look at the reproductive organs, intestines, and other surfaces to see if there is any endometriosis. He or she can make a diagnosis based on the characteristic appearance of endometriosis. This diagnosis can then be confirmed by doing a biopsy, which involves taking a small tissue sample and studying it under a microscope.

Your health care provider will only do a laparoscopy after learning your full medical history and giving you a complete physical and pelvic exam. This information, in addition to the results of an ultrasound or MRI, will help you and your health care provider make more informed decisions about treatment.

Endometriosis Symptoms
The symptoms of Endometriosis vary from one woman to another but the most common symptom is pelvic pain.
One of the biggest problems regarding Endometriosis is that the signs of this disease in the early stages, appear to be the ‘normal’ bodily changes that take place with the menstrual cycle. It is only as time goes by that a woman begins to suspect that what is happening, and the symptoms she feels, are not normal. The
pain of her menstrual cycle gradually and steadily becomes worse and worse as the months go by. This is only the beginning of what will become a gradual decline in a woman’s general health, as well as the health of her reproductive system. Having said that, there are odd instances where some women do actually have Endometriosis, but they are nearly free of any symptoms. These women will only be diagnosed by default, for example when they have surgery for other issues, and only then is Endometriosis found. That is what makes this disease so mysterious. Endometriosis does not follow any distinct pattern, which is why it is difficult for the medical profession to know that a woman has the disease.

**Some of the symptoms will mimic those of other health problems, including:**

- ovarian cysts
- ectopic pregnancy
- Pelvic Inflammatory Disease
- irritable bowel syndrome
- ovarian cancer
- fibroid tumors
- colon cancer
- appendicitis

**The most common symptoms of Endometriosis are:**

Pain before and during periods
Pain with intercourse
General, chronic pelvic pain throughout the month
Low back pain
Heavy and/or irregular periods
Painful bowel movements, especially during menstruation
Painful urination during menstruation
Fatigue
Infertility
Diarrhoea or constipation
Other symptoms which are common with Endometriosis include:
Headaches
Low grade fevers
Depression
Hypoglycaemia (low blood sugar)
Anxiety
Susceptibility to infections, allergies
In the later stages of Endometriosis, adhesions usually develop in the pelvic cavity, which are caused by untreated cysts, which can ‘glue’ pelvic organs together. These adhesions will seriously interfere with normal functions of organs in the pelvis,
causing bowel obstructions, digestive problems, infertility, urinary problems, agonizing pains when the adhesions are pulled, mobility problems.

As Endometriosis develops a woman’s immune system becomes more and more impaired and this leads to further health problems. Due to increased research, as well as surveys of Endometriosis patients, it is now becoming clear that women with the disease are susceptible to other serious health problems including:

- Chronic Fatigue Syndrome (100 times more common in women with endometriosis)
- Hypothyroidism - under-active Thyroid gland (7 times more common in women with endometriosis)
- Fibromyalgia
- Rheumatoid arthritis
Natural Cures for Endometriosis

It does seem clear that as women with Endometriosis are more receptive to other health problems, then their immune system is the key to their problems. No two women will have the same symptoms for Endometriosis, and will not suffer the same knock-on health problems, but the most common symptom experienced among Endometriosis sufferers is acute pain. In some instances the pain of Endometriosis can prohibit a woman to contribute in every day activities as well as her ability to sustain a career.

*Possible Locations of Endometriosis*

Endometriosis symptoms in relation to location of the disease in the body

*There are various areas where endometrial tissue can develop in the pelvic cavity including:*
- Ovaries
- The outside surface of the uterus
- Fallopian tubes
- Ligaments supporting the uterus
- Internal region between the rectum and the vagina
- Lining of the pelvic cavity
- Intestines
- Bowels

*Other organs within the abdomen*

*Pelvic pain*
Natural Cures for Endometriosis

Pelvic pain is one of the most common symptoms of Endometriosis. The pelvic pain of Endometriosis can be excruciating and debilitating for many women. It may be experienced constantly, it may be intermittent or it may be related solely to the menstrual period. Pain can be provoked by certain activities such as walking, standing too long etc., or it may occur unpredictably.

Occasionally abdominal and pelvic pain may be caused by Irritable Bowel Syndrome (IBS). These two diseases are quite common together, so it is advised to take note of the times you experience pelvic pain, as it may coincide after meal times.

Lower Back Pain
Lower back pain is another common but poorly recognized symptom that often accompanies period pain. It is commonly associated with endometriosis in the pouch of Douglas, uterosacral ligaments, and rectovaginal septum.

Ovulation Pain
Ovulation pain can occur in women who do not have Endometriosis, but this pain will normally be a small twinge. In women with Endometriosis, ovulation pain can be rather acute. Pain usually begins 12-24 hours before ovulation and may last for a few days. It results from the normal enlargement of the ovary during ovulation which causes stretching of endometrial implants and adhesions lying on the surface.
The pain is often described as ‘stabbing’ and it may radiate throughout the pelvic area and into the buttocks and thighs.

**The Main Reproductive symptoms of Endometriosis are:**
- Chronic or intermittent pelvic pain
- Ectopic (tubal) pregnancy
- Dysmenorrhea (painful menstruation is not normal!)
- Infertility
- Miscarriage(s)
- Painful ovulation

**Uterosacral/Presacral Nerve Endometriosis**
- Backache
- Leg pain
- Painful Intercourse

**Cul-de-sac ("Pouch of Douglas") Endometriosis**
- Dyspareunia (pain during intercourse)
- Gastrointestinal symptoms
- Pain after intercourse
- Gastrointestinal Endometriosis
Natural Cures for Endometriosis

(rectosigmoid colon, rectovaginal septum, small bowel, rectum, large bowel, appendix, gallbladder, intestinal tract)

The bowel symptoms of endometriosis are often overlooked or dismissed because many people think endometriosis affects only the reproductive organs. Many bowel symptoms are caused by irritation to the bowel from endometrial implants lying on adjacent areas such as the Pouch of Douglas and the back of the uterus, but some are due to endometrial deposits lying on the outside of the bowel wall. The gastrointestinal disorder which is most common with Endometriosis is Irritable Bowel Syndrome which can cause many of the bowel symptoms mentioned above. Candida has also been found to be prevalent in women with Endometriosis, and this too can cause many distressing digestive upsets and discomfort.

*The main gastrointestinal symptoms of Endometriosis are:*

Nausea
Diarrhea
Blood in stool
Bloating
Vomiting
Rectal pain
Rectal bleeding
Tailbone pain
Abdominal cramping
Constipation
Sharp gas pains
Painful bowel movements
Other Locations and Symptoms of Endometriosis
Urinary Tract (bladder, kidneys, uretheras, and urethra) Endometriosis
The urinary tract symptoms of Endometriosis are usually the result of endometriosis lying on the outside of the bladder or irritation from endometrial implants lying on the front of the uterus.

The main symptoms of urinary tract Endometriosis are:
Blood in urine
Painful or burning urination
Hypertension
Tenderness around the kidneys
Flank pain radiating toward the groin
Urinary frequency, retention, or urgency

Pleural (lung & chest cavity) Endometriosis
Very occasionally Endometriosis can travel to the lungs, which will give rise to strange symptoms, and are usually relate to the menstrual cycle.
  . Coughing up of blood or bloody sputum, particularly coinciding with menses
  . Accumulation of air or gas in the chest cavity
  . Constricting chest pain and/or shoulder pain
  . Collection of blood and/or pulmonary nodule in chest cavity (revealed under
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- Shortness of breath

**Sciatic Endometriosis/ Hip pains**

Hip pain or pain that radiates from the buttock and down the leg is common in women where endometriosis has affected the sciatic nerve. Also, endometriosis in the groin area can feel like hip pain. On occasion endometrial adhesions can restrict the hip ligaments, causing pain and limping. Hip joint pain that worsens in a cyclical fashion in line with the menstrual cycle will usually be caused by endometriosis. Surgical treatment to remove endometrial implants is sometimes undertaken in hope of relieving the hip joint pain associated with endometriosis.

![Pain from sciatica radiates from the buttock down the leg and can travel as far as to the feet and toes]

**Skin Endometriosis**

Painful nodules, often visible to the naked eye, at the skin's surface. Can bleed during menses and/or appear blue upon inspection.

**Dyspareunia (painful sexual intercourse)**

Dyspareunia is a common symptom of Endometriosis. Pain may be felt during intercourse as well as up to 48 hours after sexual activity. It is often associated with endometriosis in the pouch of Douglas or adhesions in the pelvic cavity.
Fatigue

Fatigue and Endometriosis seem to go hand in hand. No-one knows what causes the acute fatigue women suffer with Endometriosis, and is not often recognized as a symptom of Endometriosis.

Fatigue can be one of the most debilitating aspects of the disease, and most women with endometriosis experience fatigue around the time of their period and some experience it throughout the month. The fatigue may be related to the constant pain and/or medication, or it could be the body's reaction to the disease at a deeper level.

Abdominal Bloating

Abdominal bloating may be a sign of endometriosis. It is thought to be due to inflammation in the pelvic cavity caused by the endometriosis. As mentioned above, Irritable Bowel Syndrome (IBS) can cause pelvic pain, and can also cause severe abdominal bloating. With IBS, the bloating is usually caused by intestinal gasses which expand and distend the abdomen and can cause severe pain and discomfort. IBS is very common in women with Endometriosis.
Diagnosis of Endometriosis

The Undetected Disease

Obtaining a true and correct diagnosis for Endometriosis can be one of the most drawn out, frustrating, and distressing experiences for many women. These women know there is something wrong with their health as time goes by, but in most cases they are dismissed by their doctors as being neurotic, or told that their symptoms are normal, or they are given an inaccurate diagnosis, which in many cases is that of Pelvic Inflammatory Disease.

If you are suffering from any of the symptoms associated with Endometriosis, you need to get a diagnosis of what is causing your problems. If your doctor appears unsympathetic or dismisses your symptoms, then you need to assert your suspicions of the seriousness of your health problems. If you have no success then change your doctor or get a second opinion. The longer that this disease goes undiagnosed the more damage it can do. It is well documented that for many women, it can take anything up to ten years to finally get a true diagnosis.

Part of the problem that causes the delay in diagnosis of Endometriosis, is that many people in the medical profession are not fully aware of the extent of this disease today. It is suspected that between 10 to 20 percent of women of reproductive age have Endometriosis.

Also, many women have not even heard about Endometriosis, so they do not seek help when they do have symptoms, because many women think their symptoms
are normal. In fact a lot of women have only found information on Endometriosis in magazines and from friends rather than from their doctor. Another reason there is a delay in diagnosis, is that the symptoms may initially be attributed to a variety of other health problems like fibroids, kidney stones, irritable bowel syndrome, as well as pelvic inflammatory disease.

**METHODS OF DIAGNOSIS**

There are a variety of methods that can be used to assess whether a woman has Endometriosis, but the only reliable way to confirm the presence of the disease is by visually inspecting the abdominal organs by a procedure called a laparoscopy. Before a laparoscopy is done a full gynecological evaluation should be done covering the patient’s medical history.

*Diagnosis methods of Endometriosis can include:*

**Physical examination**

A pelvic examination involves the physician feeling and looking for abnormalities that are associated with endometriosis. Physical findings depend on the severity and location of the disease. There may be palpable nodules or tenderness in the pelvic region, enlarged ovaries, a tipped-back (retro-displaced) uterus, or lesions on the vagina or on surgical scars.

**Laparoscopy**

A laparoscopy is an exploratory procedure that allows the physician to see inside the pelvic region to observe and check for endometrial growths. The procedure involves making a small incision near the navel and inserting a laparoscope (a long, thin, lighted instrument) into the abdomen. The abdomen is distended with carbon
Natural Cures for Endometriosis

dioxide gas to make it easier to see the abdominal organs. Usually, the endometrial growths can easily be seen.

Because Endometriosis implants or growths vary in appearance and can be mistaken for other conditions, the lesions should be surgically removed and examined under a microscope to confirm the presence of the disease.

Imaging tests

Imaging tests (e.g. pelvic ultrasound, magnetic resonance imaging) may be used to identify individual endometrial lesions, but they are not used to determine the extent of the disease. The implants are not easily identified using this method.
Biochemical markers
There has been extensive investigation of a membrane antigen called CA-125 in women with Endometriosis. Several reports suggest that levels of CA-125 are elevated in women with Endometriosis, particularly those in the advanced stages of the disease. A recent study of this antigen level, showed it to be high in 90 percent of women with Endometriosis. Possible diagnosis with a blood test to check levels of CA-125 could be used to check for Endometriosis.

Stages of Endometriosis
Endometriosis is categorized in four stages based on the severity, location, amount, depth and size of growths.
Stage 1 - minimal disease, superficial and filmy adhesions
Stage 2 - mild disease, superficial and deep endometriosis
Stage 3 - moderate disease, deep endometriosis and adhesions
Stage 4 - severe disease, deep endometriosis, dense adhesion
The stages of the disease do not indicate the level of pain, infertility or symptoms.

What does Endometriosis look like!
Endometriosis can develop in almost any color, shape, size and location. This includes clear, microscopic implants that can lodge themselves on the underside of organs or beneath the skin. The implants can be black, blue, red, brown, clear, and vary from microscopic to clearly visible in size. The implants or growths can be spread throughout the entire abdominal cavity including the bowel, bladder as well
as the outer walls of the uterus, the ovaries and fallopian tubes. One of the most common sites for endometrial growths is on the ovaries.

**Treatment options for Endometriosis**

The treatment for Endometriosis is an intensely debated subject both in the medical profession and among women who suffer this disease. One of the key problems is that no-one really knows what causes Endometriosis. So trying to find a successful remedy for this particular disease is like trying to fix something even though the cause is not actually known. This can lead to treatment methods which are not relevant or safe and carry the risk of serious side-effects. Until a concise answer is found to the cause of Endometriosis, then the treatment being offered is unfortunately no more than a stab in the dark.

The options for treating Endometriosis being offered by conventional modern medicine depends on the severity of the disease, with the main aim being to help alleviate the key symptoms. These being the symptoms of pain and infertility. There are general points which should be taken into consideration when helping a woman decide which treatment option to go for.

**These should include:**

- The severity of the symptoms
- The type of symptoms
- The age of the patient
- The desire to get pregnant or not
- Length of treatment
- Coping with side-effects of drug treatment
- Cost (in countries where women have to pay for treatment)
Natural Cures for Endometriosis

*How does the treatment work*
Endometriosis fed by estrogen. Estrogen is the hormone that is produced in a woman’s body continuously, but each month there is a surge of this hormone, which causes the uterine lining to thicken to prepare for pregnancy. Then the estrogen levels drop and if there is no fertilization of the egg that month, the lining of the uterus shed and a woman has her period.
The aim of some treatments is to reduce or stop the estrogen produced in a woman’s body, so that it does not continue to feed the Endometriosis growths. This achieved by hormone drug therapy. This type of treatment is only successful for milder cases of Endometriosis where the growths are relatively small and few in numbers. In more severe cases then treatment with surgery is usually need to remove the growths.
You may find many different references and names for the growths relating to Endometriosis. They can call cysts, lesions, endometrial tissue, endometrial cells, as well as endometrial implants. These different terms are sometimes using to define different stages of the disease.

*Treatment options*
The options for which treatment to have are usually dependent on the extent or severity of the disease.

**The options include:**
- Observation with no medical intervention
- Hormone treatment
- Surgery
- Combined treatment

*Observation with no medical intervention*
This approach can be use for milder cases of Endometriosis, with regular visits to your doctor or gynecologist to monitor your health. Analgesics may prescribe to help with any pain. and non-steroidal anti-inflammatory drugs can help.
Natural Cures for Endometriosis

Hormone treatment
Treatment of endometriosis with hormone drugs can result in temporary improvement of symptoms such as painful periods, pain on intercourse and pelvic pain, but there are many side effects with all drug treatments offered for Endometriosis.
Medical treatment does not improve the chances for pregnancy, and as the treatment is hormonally based, it will delay conception even further due to the hormonal imbalances introduced into the body.
Medical treatment suppresses endometriosis, rather than removing it and is effective only for short-term management of symptoms, the active endometriosis returning gradually over 12-24 months after stopping the drugs.
The aim of drug therapy is to break the cycle of stimulation and bleeding. By stopping the ovary’s usual hormonal cycle and reducing estrogen levels, the endometrial deposits shrink down and become inactive. The endometriosis is still there, and will gradually become reactivated when the normal menstrual cycle starts again.
Ovarian endometriomas of greater than 3cm diameter are unlikely to respond to medical treatment, and similarly if there is a significant amount of adhesions - these will respond best to laparoscopic surgery.
This aim of drug treatment is to alter the chemical and hormone levels in the body which in turn will affect the natural bodily processes. This will also affect the behaviour of the Endometrial growths.

*Pseudo-pregnancy* - a state resembling pregnancy - used as one method to treat Endometriosis, and this can be achieved through hormone drug therapy. This approach was developed by observations that Endometriosis would regress during pregnancy. Pseudo-pregnancy can be induced by using oral contraceptives containing estrogen and progesterone.

*Pseudo-menopause* - a state resembling menopause - was developed as another means of treatment because it was observed that Endometriosis also regressed after menopause.

**Drugs Commonly used to Treat Endometriosis**

All of these treatments can have various side effects. Some women suffer more than others do, but it is advised to be well informed about them before you decide on treatment.

**Contraceptive pill** - The Pill is one of the most commonly used treatments for endometriosis, and is often prescribed for young women with mild disease who also require effective contraception. Despite its long-established use, there has been only one study on the use of the Pill for endometriosis.

It compared the Pill with GnRH agonists and found an equal improvement with both drugs with regards to pelvic pain, painful periods and painful sex. When taking BCP for endometriosis rather than for contraceptive reasons you will take the pills
continuously. This means that you will not have a period, as your body thinks that it is pregnant. By doing this you may find you have some spotting as your body adjusts to the pill. There are some side effects to bear in mind though and you will need to decide whether the pain of the endometriosis outweighs the risks of taking the pill. Side effects can include weight gain, acne and hair growth on the face.

_Gestrinone_- is a synthetic hormone that effects the production of estrogen by the ovaries. It is taken twice weekly rather than daily. Side effects of Gestrinone include: weight gain, acne depression, mood swings, hot flushes and loss of libido. Gestrinone is a treatment used more commonly in Europe. It works in much the same way as danazol with similar, but milder, side effects.

_Danazol_- is a mild form of the male hormone testosterone and reduces the amount of estrogen produced by the ovaries to around the same level as during
menopause. This is the drug that mimics Pseudo-menopause. Side effects include: weight gain, increased body and facial hair growth, acne, smaller breasts, increased muscle mass, voice deepening and mood swings. Danazol can also cause gastrointestinal upsets, depression and liver disease.

**GnRH agonists** - GnRH stands for Gonadotrophin Releasing Hormone and an agonist is a drug that acts the same way as the body's own hormone. The body normally makes GnRH in a small gland in the brain (the pituitary) and it is this hormone that stimulates the ovary to develop eggs and produce estrogen, leading to the normal menstrual cycle.

If you give GnRH agonists, this floods the system and confuses the delicately controlled balance, leading to a complete block of egg development, estrogen production and menstrual cycle. It effectively makes you 'menopausal' for the time that you use the treatment and without the estrogen stimulation, endometriosis shrinks down and becomes inactive.

There are several GnRH analogues available. Examples of GnRH agonists include: goserelin (Zoladex), nafarelin (Synarel), Buserelin (Suprecur) and leuprorelin (Prostap). They are all either given by injection or nasal spray - tablet forms are not available.
Side effects of GnHR agonists include: menopausal symptoms such as thinning of the bones, hot flushes, dry vagina, headaches, depression, loss of libido and night sweats. These side effects can be relieved, by adding back estrogen and progesterone, which does not effect the benefit of treatment.

This is known as Add-back therapy for Endometriosis. There is now evidence that the use of Add-back hormone replacement therapy (HRT) is effective in preventing the bone thinning and the unpleasant side effects of GnRH treatment.

One of the GnRH drugs which has been commonly prescribed for Endometriosis is known as Lupron. There is a lot of information about this drug on the internet, as well as lots of mention of it at Endometriosis chat groups. This drug is also use for other health problems in both men and women. So it is not designed specifically for the treatment of Endometriosis, and some women have found they now have serious long-term health problems caused by this drug.

Progesterone hormone tablets - oppose the estrogen effects on the endometrial growths which causes them to ‘shrink’. Progesterone also prevents ovulation which lowers the estrogen levels. Side effects include: irregular menstrual bleeding, weight gain, mood changes, bloating, fatigue, depression, and nausea.

Progestogens are the most commonly used medical treatment. Examples include the drugs medroxyprogesterone acetate (Provera), dydrogesterone and norethisterone.

It has long been known that progestogens can alter the blood lipids (fats) in an unfavorable way, which might theoretically lead to an increased risk of blood clots.
Natural Cures for Endometriosis

(thrombosis). Two recent studies have provided more evidence that this could be the case. Although they looked at progestogens used for period problems, the doses used are similar as would be for treatment of endometriosis, and the risk of thrombosis was around 5-fold higher than expected.
Natural Cures for Endometriosis

Provera

Progestins

- progesterone-like drugs, can be injected or taken as a pill
- reduce the extent of the endometriosis
- not effective in improving fertility
- **side effects**: abnormal uterine bleeding, nausea, breast tenderness, fluid retention, depression
- side effects resolve after medication is stopped
- most common progestin is medroxyprogesterone
- other progestins used include megestrol acetate and norethindrone acetate
- used most with women who have already had children because ovarian function can take up to a year or even longer to return to normal after a course of therapy (Begany, 1997)
The Mirena Coil - The Mirena Coil is used by some doctors to treat the symptoms of Endometriosis by reducing the amount of blood flow in a woman’s periods. The Mirena Coil is like many other types of Intrauterine Contraceptive Devices (IUD’s or coils) in that it is fitted by a doctor and remains in the womb for a fixed amount of time, after which it must be changed. Most IUD's make a woman's periods heavier, but the Mirena actually makes periods lighter than usual. Because of this, it is frequently used as a treatment for heavy periods, and is now used as a treatment option for Endometriosis, for the same reason of reducing blood loss with the menstrual cycle. It is made of a light, plastic, T-shaped frame with the stem of the 'T' a bit thicker.
than the rest. This stem contains a tiny storage system of a hormone called Levonorgestrel.

This hormone is also used in contraceptive pills. In the Mirena, however, a much lower dose is released than take the Pill (about 1/7th strength), and it goes directly to the lining of the womb, rather than through the blood stream where it may lead to the common progesterone-type side effects.

Although the IUD was originally developed as a contraceptive, the discovery that it leads to much lighter periods was seen as a bonus. Many gynecologists now suggest the Mirena as a treatment for heavy periods if tablet treatment doesn't work.

After 3 months use, the average blood loss is 85% less, and by 12 months the flow is reduced by 97% every cycle. About one third of women using the IUS will not have any periods at all. There is no 'build up' of blood, because the hormone in the IUD prevents the lining of the womb from building up at all.

Most of the current drug treatments on offer aim to reduce Endometriosis growths, and in turn reduce symptoms. Most are reasonably effective to different degrees, however, most are associated with nasty side-effects. Many of the drug therapies have no proven benefit in terms of improvements in fertility or reducing recurrence of the disease.

**Surgery**

*Surgical treatment for endometriosis is usually carried out in one of the following situations:*

At the time of diagnosis for mild to moderate endometriosis
If medical treatment has not worked
Natural Cures for Endometriosis

If sub fertility is a problem
If there is moderate to severe endometriosis

**When endometriosis recurs**

Surgery can either be conservative or radical. The aim of conservative surgery is to return the appearance of the pelvis to as normal as possible. This means destroying any endometriotic deposits, removing ovarian cysts, dividing adhesions and removing as little healthy tissue as possible. Radical surgery means doing a hysterectomy with removal of both ovaries and is reserved for women with very severe symptoms, who have not responded to medical treatment or conservative operations. Sometimes, if there are other reasons to carry out a hysterectomy it is done earlier than this.

![Surgery Diagram]

**Treatment at the time of diagnosis**

This approach is rapidly becoming standard practice in the management of endometriosis. It is typically carried out where the endometriosis discovered is mild to moderate and the extra time required to do the surgery will be able to be accommodated within the time of the operation.

**Laparoscopy**

Laparoscopy surgery used for diagnosis and for treatment of mild to moderate cases of Endometriosis. This is known as conservative surgery, which attempts to restore the pelvic anatomy to as close to normal as possible. A Laparoscopy enables a physician to look directly inside the abdomen and pelvic area and observe the anatomy and health of the abdominal and pelvic cavity.

To perform a Laparoscopy a small incision is made, usually about ¼ inch, right underneath the naval. A very small telescope-like instrument is then inserted. This
instrument is attached to a light source which illuminates the pelvic and abdominal cavity. The physician can then look directly inside the cavity. During this procedure any Endometrial growths can be removed

**Laparoscopic management of endometriosis**

**Mild to moderate disease**

The endometriosis spots are destroyed by diathermy, where an electric current is passed down a fine probe burning the lesion. Some surgeons use laser to evaporate the endometriosis.

Improvement in pain symptoms following this type of surgery can be expected in 70% of cases, more so if the location of adhesions divided corresponds to the area of maximum pain.

There has been only one good quality study of the effect of surgical treatment of mild to moderate endometriosis on sub fertility. It found that laparoscopic destruction of lesions resulted in a 13% increase in pregnancy rate - equivalent to, on average, a benefit for one out of every eight women receiving treatment.

**Moderate to severe disease**

Where endometriosis is more than a few spots, and in particular where there is more severe scarring or an ovarian endometrioma, there is still the option of laparoscopic treatment. The aim of laparoscopy, as usual, is to restore things back to normal. For endometriosis cysts on the ovary, this will mean shelling out and
removing the cyst from the underlying normal ovary tissue. An alternative is to make a hole in the cyst wall, empty out the 'chocolate' collection of blood and diathermies the cyst base so all endometriotic deposits are destroyed. Removal of endometriosis and division of scar tissue can be expected to improve the pain symptoms of endometriosis. The success of surgery in improving subfertility is related to the severity of endometriosis in the first place. It is difficult to give exact estimations, but women with moderate disease can expect pregnancy success rates of around 60%, whereas the comparable figure with more severe disease is around 35%. If a pregnancy does not occur within 2 years of surgery for endometriosis, the chances of success are poor.

**Risks of laparoscopy**

Keyhole surgery is generally very safe, especially in experienced hands, but it is important to understand that any laparoscopy carries with it some degree of risk, as do all operations. When placing the laparoscope into the abdomen, there is a small risk of accidental injury to bowel, the bladder or blood vessels leading to hemorrhage - this risk is inherent in the procedure. It is greater if the surgery is more advanced involving dividing of adhesions, diathermy of endometriosis, removal of cysts, etc. Not all of these complications will have serious implications, but it might mean an unexpected open operation and a longer hospital stay. Complications are more common where there has been multiple previous open surgeries.

**Laparotomy**

This procedure is used when Endometriosis is more extensive and widespread and the surgeon requires more room to work in the abdominal cavity. It is a more serious and involved operation and involves opening up the abdominal cavity.

**Hysterectomy**

There are many, many women who are driven to the drastic measure of having a hysterectomy in the hope that it will rid them of Endometriosis. This extreme step does not solve their problems. Please see the link below.

**Combined treatment**

This form of treatment involves combining surgery and drug therapy. An example is when Danazol is taken for 6 weeks prior to an operation to shrink the endometrial growths and ease the surgical removal. Following surgical removal of endometrial tissue, birth control pills may be prescribe that contain both estrogen and
Natural Cures for Endometriosis

progesterone, to be taken continuously for up to nine months. This will induce a pseudo-pregnancy, with the aim to allow the body time to rest and heal.

**Recurrence of endometriosis after surgery**
Recurrence rate for endometriosis has been estimated to be 10% per year. One study found it to recur in 40% of women within 5 years after conservative surgery. There is a 6 times higher risk of recurrence after hysterectomy if the ovaries are not removed. Even in women who have their ovaries removed, there is still a risk of further recurrence of Endometriosis.

**Return of symptoms**
Although much relief can be gained from drug or surgical treatment for Endometriosis, it is very common for symptoms to return and for the disease to flare-up again. Additionally, women who use hormone replacement therapy during menopause may also see a return of the disease. This is because hormone replacement therapy uses estrogen along with progesterone to help alleviate the problems associated with the menopause. The estrogen drug therapy will cause the return of symptoms. It is considered by the medical profession to be uncommon for this to happen, but there are many reported cases of women on hormone replacement therapy for the menopause having a return of Endometriosis.
One of the biggest misconceptions about Endometriosis is that pregnancy will cure the disease. Unfortunately, this is not the case and most women will see a return of their symptoms after pregnancy, especially if the disease was more advanced.

**Endometriosis - Alternative and Natural Treatment**

Alternative and Natural treatments for Endometriosis - how it works!

Alternative therapies and natural treatments for endometriosis are obtaining excellent results in actively assisting the healing of this disease for many women.

**HOLISTIC MEDICINE**

Many of the alternative and natural therapies deal with the mental, emotional, and spiritual aspects of health, in addition to the physical body. This is where natural treatments have a huge benefit for women with Endometriosis - because this disease affects the whole person, not just the body. The name ‘Holistic Medicine’ comes from the connection between mind and body. Holistic practitioners treat the whole person as opposed to the individual organs where symptoms occur.

Alternative medicine made up of a rich variety of techniques and medical systems that for the most part, are still unfamiliar to the majority of people in the West. They are therefore, an ‘alternative’ to what most people are using when they need health care.

Much of what is labeled alternative medicine comes from other cultures or from ancient healing traditions. The use of herbs as medicine is an ancient practice found
all over the world. Acupuncture comes specifically from ancient China and has been documented as being in use as early as 2697 B.C. The World Health Organization estimates that between 65 and 80 percent of the world’s population rely on traditional medicine as their primary form of health care.

**WHAT IS THE DIFFERENCE BETWEEN ALTERNATIVE AND CONVENTIONAL MEDICINE?**

Most high quality alternative medicine is founded on six core principles and practices that differ from the principles and historical practices of conventional medicine.

**They are:**

- The healing power of nature first, and technique and technology second
- Patient centered rather than physician centered
- Do no harm - many alternative medical systems are rooted in the principle of ‘always use the least drastic harmful therapies first’. This means that alternative medical providers, in general, choose techniques and therapies which are the least invasive or harmful to get the desired result.
- Results generally take longer - but this ensures long term health and not a quick fix it
- Use of natural and whole substances
- Higher standard of health

The whole area of alternative medicine is becoming more mainstream in western society as a means for people to take care of their health, for reasons including:

- the realization that, contrary to previously held beliefs, conventional medicine (the medicine of antibiotics, surgery, chemotherapy etc.) cannot solve all of societies health problems
- the growing acceptance that health is more than just ‘the absence of disease’ and involves more that just the physical body
- the growing body of scientific research, as well as public awareness, that many alternative medical treatments are more effective, more economical, and less invasive and less harmful than conventional medical treatments

**SO WHAT ARE THE DIFFERENT ALTERNATIVE AND NATURAL THERAPIES THAT CAN HELP ENDOMETRIOSIS?**

**Acupuncture and Endometriosis**

Acupuncture is part of Traditional Chinese Medicine and has been practiced in China for thousands of years, but became widely known in the West only in the 1970s, when its use as an anesthetic received sensational press coverage. Practitioners
Natural Cures for Endometriosis

insert fine, sterile needles into specific points on the body as a treatment for disorders ranging from asthma to alcohol addictions, but most often in the West as a means of pain relief.

Chinese Herbalism and Endometriosis
Chinese Herbalism is another part of the Traditional Chinese Medicine system. Traditional Chinese medicine is able to understand endometriosis based on the different clinical manifestations, or symptoms, associated with each individual. It is important in TCM to diagnose the patient according to their own specific pattern. Each individual has a pattern that marks the foundation and progression of the disorder.
When determining the pattern of disease in the treatment of endometriosis, TCM takes into account the menstrual history, duration of the cycle, as well as pain, including the time that it occurs, the location, and the nature and severity.
Herbalism and Endometriosis

Herbal medicine is the treatment of disease using medicinal plants, both internally and externally, to restore the patient back to health. It is a system of medicine that relies on the therapeutic qualities of plants to help the patient by enhancing the body’s own recuperative powers. It is a natural method of healing based on the traditional usage of herbs coupled with modern scientific developments.

Though there are those in the orthodox medical world who ignore herbal medicine, even condemn it, the constituents of herbs have provided the blueprint for many of the most effective and widely known drugs used today. ‘Orthodox’ medicine has its roots in herbal medicine.

Orthodox medicine is based on drugs isolated from plants, or more often manufactured in the laboratory. The herbalist advocates the use of the whole plant as a gentler and safer way to restoring a patient to health.

For the treatment of Endometriosis, one of the first tasks in herbal medicine is to try and re-balance the hormone levels in the body. Then other herbs will be introduced to strengthen the immune system so that the body can then begin to eliminate the disease. As with other alternative treatments, using herbal medicine for Endometriosis will involve a time commitment to achieve success.
HERBAL PRODUCT TO HELP WOMEN SUFFERING FROM ENDOMETRIOSIS, IT IS SAFE AND IT WORKS EFFICIENTLY.

THOSE HERBS LIKE: Bupleurum, Chih-ko, Red peony, Licorice, Platycodon, Tang-kuei, Cnidium, Rehmannia, Persica, Carthamus, Cyathula, AND other herbal formula already available on request.

Aromatherapy and Endometriosis
Aromatherapy is a form of healing that utilizes the natural aromatic aspect of plants - the essential oils - both for their scent and for their inherent medicinal properties. These aromatic oils can be found in a wide range of species and are extracted from the seeds, bark, leaves, flowers, wood, roots or resin according to the type of plant.

Endometriosis - Diet and Nutrition
Diet changes can help reduce the symptoms of endometriosis
Changing your diet to deal with Endometriosis is an excellent foundation to assist you in reducing the symptoms, and will help regenerate your health. Adjusting what you eat can bring about many positive physical and metabolic changes, as well as improving our health. Many of you may be aware that various illnesses and diseases have responded very positively to changes in diet, and Endometriosis is no exception.

Some of the positive physical changes that take place when we change our diet, will at first not seem reliant on our food intake, but they are.

For example, eating the right kinds of foods can:

- sharpen our mental alertness
- help us to stop feeling so sluggish
- give us more energy
- regulate sleep patterns
- regulate bowel movements
- balance blood sugar levels
- regulate metabolism
- regulate body weight
- control hyperactivity - especially in children

We are very much a reflection of what we eat. When someone has a diet loaded in fats, the first place it will show up is in their complexion, with greasy, sallow skin. When we are constipated, an Iridologist (alternative health practitioner specializing in diagnosis using the iris of the eye) will immediately see this in the lack-lustre appearance of the eyes. With a lack of vital nutrients in our system, the body will eventually give you tell-tale signs.
The diet in modern day western society has become depleted of vital nutrients for many reasons. Intensive farming has robbed the soil of vital trace elements which used to be taken up by the crops as they grew, and in turn we consumed them. We rely so much on convenience foods now, which are very low in goodness. Much of our ‘fresh’ produce like fruit and vegetables, is actually gassed and then stored in warehouses for months.
Many of us eat ‘fast food’, which is not very nutritious - the longer that food is left standing in a heated serving cabinet, the less nutritious value it has. People get lazy, they cannot be bothered to shop for valuable ingredients, yet alone cook good wholesome food anymore.
What the body needs is a simple, balanced, preferably organic diet, which is prepared using fresh ingredients, and is viewed as our means of sustenance rather than being viewed as ‘something to stop us being hungry’. We do have many problems and issues surrounding food in the West, with anorexia, comfort eating, and many other eating disorders. Food is also used in many social situations, but this is no excuse for not being able to feed yourself with good food when you are at home.
Food is our fuel, it makes us function, grow, replace worn out cells, gives us energy, and feeds the entire body. Food is the secondary requirement to life, with oxygen being the first basic requirement. More important than food is our daily requirement for water. We need lots of it; plain, fresh water. Yet most people only drink a small proportion of what the body really needs.
But going back to food; it provides us with energy. The foods we take in include:

- carbohydrates, which provide the chief source of energy for bodily functions and muscular exertions
- fats, which are the most concentrated form of energy. Three fatty acids, are essential in the diet because the body cannot make them itself.
- proteins, which are the building blocks in food, the construction materials for growth and repair of cells
- fibre, indigestible parts of plants which provides roughage and aids digestion
- vitamins and minerals - the organic substances which the body cannot make, but which it requires in small amounts to maintain health

**SO WHERE DO WE START!**
**Let’s start with pain and hormones in relation to diet**
Endometriosis is an estrogen-sensitive condition, but the painful menstrual cramping that occurs is predominantly due to prostaglandin synthesis in the body. **Prostaglandins** are naturally occurring fatty acids, which are derived from dietary sources.

The body can produce different types of prostaglandins through a complex series of pathways. **There are the 'good guys' and the 'bad guys' of the prostaglandin group.** The goal of a controlled diet is to block the ‘bad guys’ for their negative actions on the body, and increase the ‘good guys’ for their opposite and beneficial actions. The action of the bad guys is to increase uterine contractions, and the good guys have a soothing effect. By changing the types of oils that are taken into the diet, the production of the good guys can be stimulated, which helps with uterine relaxation. These oils are composed of omega-3 fatty acids, which lead to positive prostaglandin production.

**Excellent sources of the omega-3 fatty acid producing oils are:**
- evening primrose
- Walnut oil
- flax seeds/oil

It is also important to decrease intake of those fatty acids that will stimulate the bad guys which are found in saturated fats, butter, animal and organ meat, lard. In addition to decreasing bad fat intake, the diet should also consist of high fiber. Not only does this help with good digestion, but it is also thought that a diet high in fiber can decrease total circulating estrogens. It is recommended to incorporate 25 grams per day of fibre.

**Good sources are:**
- whole grains excluding wheat and rye
- beans, peas and pulses
- brown rice
- vegetable and fruits
- oatmeal

**The following foods are recommended to modulate estrogen levels by incorporating one or two servings a day:**
- mustard greens
- broccoli
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- cabbage
- turnips

**FOODS TO AVOID**
- **wheat** * - this includes breads, cakes and pasta products, all based on wheat
- red meats - promotes negative prostaglandins
- refined and concentrated carbohydrates - bread, flour, cakes made from refined flours
- refined sugars and honey - causes inflammatory reaction
- alcohol - consumes vit B stored in the liver
- caffeine which is found in tea, coffee, soft drinks - increases abdominal cramps and increases estrogen levels
- chocolate - as it contains sugars
- dairy produce including all milk and cheese - inflammatory
- fried food, margarine and hydrogenated fats - can stimulate negative prostaglandins
- soy products and soy protein products - tamari can be used in small amounts
- tinned and frozen packaged foods as little as possible
- additives and preservatives - increase chemical load on the system

*Note:* Meat, dairy and eggs, promote the pro-inflammatory prostaglandins.

**FOODS BENEFICIAL FOR THE IMMUNE SYSTEM**
- beans, peas, lentils
- onions
- garlic (raw or lightly cooked)
- carrots (contain beta-carotene)
- live yogurt (good for healthy intestinal flora)
- rhubarb
- seeds and sprouted seeds
- ginger
- green tea

**HORMONE REBALANCING**
Foods containing natural plant sterols (phytoestrogens) can be helpful. They are thought to block the estrogen receptors, so in turn excess estrogen in the body cannot ‘lock-in’ to these receptors.

*These include:*
- peas, beans and pulses
- red and purple berries
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- garlic
- apples
- parsley
- fennel
- brassicas: cabbage, cauliflower etc
- nuts and seeds
- celery, carrots
- rhubarb
- sage

VITAMIN AND MINERAL SUPPLEMENTS

Although the best source of vitamins and minerals is through a well balanced diet, many foods today are depleted in these vital trace elements. Today, most of us need to supplement our diet with some of the vitamins and minerals that our bodies need to function optimally.

The following is a list of supplements that will help women with Endometriosis:

- Magnesium - is a mineral and is believed to ease cramping with menstruation
- Zinc - is essential for enzyme activity, helping cells to reproduce which will help with healing. Zinc is also reported to boost the immune system and helping to create an emotional sense of well-being
- Calcium - levels of calcium in menstruating women decrease 10 to 14 days before
Natural Cures for Endometriosis

the onset of menstruation. Deficiency may lead to muscle cramps, headache or pelvic pain.
. Iron - women with Endometriosis tend to have very heavy periods which can lead to an iron deficiency. This can lead to anemia which is characterized by extreme fatigue and weakness.
. B vitamins - these are important for the breakdown of proteins, carbohydrates and fats in the body. B vitamins are reported to improve the emotional symptoms of Endometriosis, and have proved helpful in dealing with PMT
. Vitamin C - is well known for helping to boost the immune system and help provide resistance to disease. It is also used in the body to build and maintain collagen within the body.
. Vitamin A - is another immune system booster
. Vitamin E - plays an important role by increasing oxygen carrying capacities and also strengthens the immune system
. Selenium - when taken together with vitamin E has been reported to decrease inflammation associated with Endometriosis, as well as immune system booster.

**OTHER USEFUL SNIPPETS:**
Certain vegetables have substances that activate liver enzymes and help the liver to detoxify chemicals. This allows the liver to eliminate excess estrogen from the body more effectively. These vegetables include: broccoli, cauliflower and brussel sprouts.

. Auto immune diseases are thought to be triggered by free-radicals in the body,
Natural Cures for Endometriosis

which could be an added factor in Endometriosis. Free radicals are destructive molecules and are found naturally in the body but can be made worse by pollution, stress, illness and smoking. There are minerals and vitamins that will help to fight off these free-radicals because of their antioxidant properties, including: vitamins A,C,E, CoQ10, selenium, vitamin B complex, as well as specific supplements being sold specifically as Antioxidants.

• It is very common for women with Endometriosis to suffer from Irritable Bowel Syndrome. I used to suffer from it myself, and it took quite a while to define which foods would trigger it off. These triggers can vary from one woman to another. Even simple things like drinking a hot drink when it was too hot would trigger it off in me. You need to really pay attention as to what your own subtle triggers are, as well as which foods will set it off.

TO SUM UP
• increase omega-3 fatty acids
• avoid meat, dairy products, wheat and sugar
• increase fiber
• modulate estrogen
• avoid caffeine and alcohol
• avoid refined foods, e-numbers, additives
• minimize or avoid soy products as they contain high levels of phytoestrogens, and soy contains a particular toxin which seems to be particularly detrimental for women with Endometriosis
• peel fruit and vegetables to remove toxic chemicals
• eat organic produce wherever possible
• drink lots of filtered or mineral water

Pregnancy is the one thing that reliably cures the condition, and it still provides relief even in those rare cases when endometriosis is not completely cured. The condition also always stops when menopause begins.

The disease can have a massive impact on the quality of life. Women with endometriosis have an 87% chance of depression, and an 88% chance of having mild to moderate anxiety. Sixty-three percent of endometrial women have severe anxiety problems. Endometriosis sufferers are four times more likely to have allergy problems, and they are also four times more likely to have migraines. Many women with severe endometriosis are forced to go on disability, because their symptoms are so severe. The Internet is riddled with horror stories about those who committed suicide due to their endometriosis pain.
Natural Cures for Endometriosis

Symptoms of Endometriosis

- Painful Periods
- Painful Intercourse
- Infertility
- Heavy or irregular bleeding
- Painful bowel movements or urination
- Loss of stale menstrual brown blood
- Fatigue
- Depression
- Excessive mood swings
- Lower back pain
- Loss of large menstrual blood clots
- Swollen abdomen

The Causes of Endometriosis

Traditional Chinese Medicine (ancient Chinese medicine) links endometriosis with liver problems. While T.C.M. can seem very confusing upon first glance, we have learned not to underestimate its usefulness. A study titled *Chinese Herbal Medicine For Endometriosis*, at Southampton University revealed that Chinese herbal medicine is more effective for endometriosis relief than mainstream treatments are, with no side effects.

The liver is the primary organ that is responsible for the elimination of toxins. When the liver is unsuccessful at flushing toxins, they sometimes remain in the liver forever. These liver toxins are the most common cause of liver impairment. The liver is responsible for the regulation of the sex hormones, including estrogen, progesterone, and testosterone. Increases in estrogen make endometriosis more severe, indicating yet another hormonal component of the condition and the condition's relationship to liver health. The fact that this condition is caused by liver dysfunction means that women who opt for mainstream treatments will eventually find themselves in a worse condition after treatments than they were before treatments. This is because all pharmaceuticals stress the liver.

The Endometriosis Association has done massive amounts of research on the connection between endometriosis and dioxin exposure. Dioxins are a byproduct of chlorination, which is used to bleach sanitary towels and tampons. The bleaching process is known to release dioxins that remain on consumer products. This exposure, particularly in the case of tampons, could cause endometriosis or worsen it.

It has been shown that alcoholic women (or former alcoholics) are more likely to have endometriosis. Heavy drinking places a massive strain on the liver.

Numerous studies have additionally linked a higher risk of endometriosis with women who have diets which are low in anti-oxidants, or who have above-average "free radicals" (oxidation) in the body. Oxidative damage is indicative of a bad diet overall, lacking in both fruits and vegetables. This can be easily fixed with dietary changes.
Natural Cures for Endometriosis

A [Korean study](#) has linked endometriosis with small figured women, and the researchers noted that the thinner the women are, the more severe the disease. Hormones have a dramatic effect upon a person's weight, and thin women tend to have smaller amounts of the hormone estrogen, which makes it more difficult for them to become pregnant.

**Curing Endometriosis**

In the long term, the typical pharmaceutical methods for treating endometriosis will cause the disease to worsen. The prolonged use of either strong painkillers or oral contraceptives is very harmful to the liver. Areas where endometrial tissue grows in the body become very inflamed, and the long-lasting inflammation prevents the body from properly healing. Therefore, one of the most important things for an endometriosis sufferer to do is reduce the amount of inflammation in the body.

Exercise in the week prior to the menstrual cycle can be very beneficial. Sweating is the only way to cleanse the lymph nodes, and endometriosis is a disease that is often influenced by toxicity.

Those who are sexually active in healthy relationships are less likely to experience endometriosis attacks, and the attacks are less severe for them. Korean researchers have labeled endometriosis a "working woman's disease" for this reason. This insight has been ignored by the Western press due to political correctness. Intercourse shortly before menstruation will drastically reduce endometrial symptoms. The best effect is achieved when male hormones are directly injected into the patient, but we have opted to not explicitly explain. Becoming pregnant during this time is very unlikely.

**Dietary Changes**

- Eat organic, grass fed meat. Avoid processed and factory-farmed meats, because they contain growth hormones which will make the problems worse. Iron is essential, so beef must be part of the diet. Iron supplements are less safe and they are poorly absorbed.
- Avoid refined white sugar, white flour, and white rice. The chlorination process used to bleach foods will leave some dioxin residues in the food, because dioxins are always a byproduct of chlorine. The (white) refined variants of these foods are very inflammatory. Read the ingredients and purchase "evaporated cane juice" for sugar. Use only brown rice and whole wheat flour, and do not use any carbohydrates that are not completely homemade.
- Honey is actually an anti-inflammatory sweetener, so it too is recommended. It is the ideal sweetener whenever it is a viable option.
- Do not use homogenized milk, ever. It is one of the most inflammatory food items available. If milk is needed, purchase non-homogenized milk from a health food store.
- Avoid all soy products. Soy contains phytoestrogens, which are compounds that mimic estrogen in the body. They can cause major hormone instability, which will worsen the endometriosis.
Natural Cures for Endometriosis

- Reduce the intake of processed foods. Virtually all of the chemical additives are highly inflammatory to the body.
- Dioxins can also be found in municipal drinking water, because it contains chlorine. Women with endometriosis should purchase spring water, or use a Berkey water filter. A shower filter that removes chlorine is prudent, because inhaled chlorine vapors are extremely inflammatory.

Curing endometriosis is a process of providing the body with the nutrients that it needs to heal the liver, while keeping inflammation low, and flushing any toxins out of the body. For information about performing a liver cleanse, see the article about cleansing. We furthermore recommend the following supplements for endometriosis sufferers.

Supplement Suggestions

- All of the B vitamins strengthen the liver, and directly assist the body in disposing of excess estrogen.
- Licorice is one of the most commonly used herbs in China, and it is well known for its beneficial effect on the liver.
- Dandelion strengthens the liver and kidneys.
- Milk thistle is renowned for strengthening the liver.
- Selenium has been historically given to cows by farmers to prevent endometriosis. Endometriosis hinders fertility, so farmers work hard to prevent a disease that results in fewer calves. The best single source of selenium is Brazil nuts, followed by tuna, cod, and meats. It can also be purchased in supplement form.
- Vitamin E is known to ensure that animals have healthy uterine linings, and it has been used by farmers since the 1930's. Vitamin E and selenium are believed to work together to prevent damage to cell membranes, and protect against oxidation. Do not take blood thinners like vitamin E during the menstrual period, because they will increase bleeding.
- Due to the link between endometriosis and dioxins, it would be wise to supplement with chlorophyll. Chlorophyll can remove dioxins from the body, and it can be purchased as a liquid concentrate.
- Folate or folic acid. Folate is necessary for the body to make heme (the iron-containing, non-protein part of hemoglobin) for the red blood cells. Too little folate can cause nutritional megaloblastic anemia (large red blood cells that cannot transport oxygen well). It is known to help regulate and balance the hormones. Alcohol reduces the absorption of folic acid, and increases the kidney's excretion of it. Folic acid assists in the chelation of lead, and helps the body to properly utilize zinc. There is a strong connection between folate and the liver, because liver disease increases the loss of folate.
- Radishes were used in Traditional Chinese Medicine to cure endometriosis, and to fix liver problems, including jaundice. It would be wise to include them in the diet.
Natural Cures for Endometriosis

- Alcohol should be avoided, with the exception of an occasional glass of red wine. Greater amounts will weaken an already impaired liver.
- Gelatin is the only common ingredient in endometriosis-related pharmaceuticals. While it is purported to be an "inactive ingredient", many sufferers have noticed that eating foods high in gelatin during the menstrual cycle is beneficial. Endometriosis sufferers finally have a bona fide health reason to eat gummy bears.
- Cannabis ("marijuana") is often recommended by doctors in U.S. states that allow medical marijuana use. In addition to helping with the pain, it also seems to reduce the inflammation issues. Some sufferers proclaim that marijuana is more effective in helping with endometriosis than the expensive prescription pain medications. Cannabis does not harm the kidneys, is not addictive, and it helps to suppress the nausea that often accompanies the pain.

Castor Oil Transdermal Packs

At the beginning of the menstrual cycle, when the first symptoms of cramping become noticeable, a castor oil transdermal pack can dramatically reduce the severity of symptoms throughout the cycle. This is the basic procedure:

1. A wash cloth should be soaked in pure, cold-pressed castor oil that is obtained from a health food store.
2. The wash cloth should be placed on bare skin on the lower stomach.
3. Put a piece of plastic on top of the cloth, such as a plastic grocery bag.
4. Place a hot water bottle on top of that. The water should be made as hot as possible, so long as the patient can tolerate it.
5. Leave this in place for at least 30 minutes.

The above procedure can also be done repeatedly during the cycle to provide relief. However one treatment is usually enough to provide massive relief. Women should use only dioxin-free, unchlorinated feminine products, especially tampons. Consuming Brazil nuts is
Natural Cures for Endometriosis

ideal, because they contain folate, selenium, and magnesium, which have all been shown to reduce menstrual cramps.

Regardless if you are being treated for endometriosis for pain, infertility or miscarriage, the medical community acknowledges that, although surgery is helpful, there is a high recurrence rate. This is because Endometriosis is an immunologically mediated condition. The source of which is a defect in the endometrial cells that attain 2 new characteristics. First the ability to grow in locations they would normally not be found i.e. into the muscle (adenomyosis) and in the abdominal cavity (endometriosis). Second they now gain the ability to secrete inflammatory proteins called cytokines that appear to be directly responsible for the destruction of follicles causing decreased ovarian reserve and the damage of mitochondria during egg development leading to poor egg/embryo quality.

Despite the fact that much research has been carried out for decades, very limited medical treatments are available for endometriosis and most of them have very undesirable side effects.

We have extensive clinical experience with each ingredient and we have been recommending these ingredients for years.

Over the years we prescribed all of the ingredients contained in our supplement for our patients with endometriosis related infertility. These of course had to be purchased separately and at many times different locations. In our practice we have seen substantial improvement in embryo
Natural Cures for Endometriosis

behavior and pregnancy rates in patients that were on all of these supplements. Centers around the world have copied our supplement protocol. Now we have put all of these supplements into one pill.

ALL IN ONE pill: a more efficient and less unpleasant way of taking all the supplements we recommend for Endometriosis

One of the problems with supplementation is that, in order to get the right ingredients one is forced to ingest dozens of pills per day. This can become very cumbersome. Also studies have shown that the frustration of having to take so many supplements leads patients to interrupt their schedule of taking all the supplements.. This is why (Endo Optimize) contains all the right ingredients, in the right dosages that we have successfully used in our clinical practice for years.

*We have developed a supplement with ingredients that have been shown to address reproductive issues associated with endometriosis. The ingredients in Endo Optimize have also been shown to have pain relieving qualities as well. Please read the countless testimonials from our patients that have had success on this supplement protocol over the last 10 years.*

Many commercially available supplements provide a high number of ingredients in minimal dosages. Unfortunately most ingredients in generic supplements are there just for "window dressing". Through our clinical work we have identified the key ingredients that we have been prescribing to our patients over the years. We produce our supplement in a GMP facility, the supplement has also been analyzed by an independent lab to confirm that the content matches the amount declared on the label. The supplement is also free of undesirable ingredients like magnesium stearate. Also of importance is that our supplements were tested and certified to be completely Gluten Free.

*The Right Ingredients in the Right Formulation and the Right Dosage in a Vegetarian Capsule.*

**Melatonin**

Melatonin is the major hormone synthesized by the pineal gland. Melatonin is involved in the regulation of other systems such as the pain system. Additionally Melatonin may have a peripheral effect as shown by inhibitory activity on the release of pro-inflammatory cytokines at peripheral sites. Melatonin protects cells from oxidative stress by acting as a free radical scavenger and by stimulating antioxidant enzymes.

**Pine Tree Bark**

Pine tree bark is an Isoflavone. Isoflavones are phytoestrogens, plant-derived substances with weak estrogenic activity. It has been hypothesized that they compete with Estradiol for estrogen receptors in endometriosis. The only reported trial in humans of isoflavones for endometriosis, with the use of the French maritime pine bark extract pycnogenol, showed promise in decreasing pain scores and CA-125 levels in patients with endometriosis.

**Coq10: (Ubiquinol)**
CoQ10 is present in every cell where it is an essential factor for mitochondrial energy production. CoQ10 also functions as a powerful antioxidant providing protection against free radicals.

**Resveratrol**

Endometriosis is an inflammatory pathology in which there is an increase in aromatase expression in the endometrium. These functional changes create a vicious cycle of increased inflammation and local estrogen production that helps perpetuate the survival of endometriosis.

Resveratrol, a compound isolated from the skin of red grapes, is a natural aromatase inhibitor and an anti-inflammatory.

**Curcumin**

*Curcumin* is a polyphenolic extract from Turmeric, an herbal medicine which possesses various pharmacological activities including anti-inflammatory, antioxidant, and antiproliferative components. It has been shown to arrest the growth of endometriosis lesions.

**The Clinical Effects**

*Although our product is a nutritional product, and therefore not regulated by the Food and Drug Administration we need to acknowledge that the ingredients that we have been recommending for years in our practice can be as powerful as prescribed medications if used in the right dosages.*

**Mitochondrial Enhancer**

The mitochondria are intracellular organelles that play a key role in egg development, and division and maturation of embryos. Mitochondrial activity is so important that recent studies have revealed that even in embryos that were tested to be genetically normal, mitochondrial defects can lead to poor embryo “behavior” (faulty division) leading to early losses or failed implantation. CoQ10 and Resveratrol are probably the most potent mitochondrial enhancers available. In fact, there are no current pharmacologic interventions regarded to be more powerful than these nutritional supplements to enhance mitochondrial activity.

**Anti Inflammatory**

Chronic Inflammation lead to scar tissue, pain, infertility and miscarriage. Indeed, control of the inflammatory process is one of the mainstay of the treatment of endometriosis. Usually anti-inflammatories such as ibuprofen (Motrin) are used. But such drugs have remarkable side effects and they can also interfere with ovulation and fertility.

Melatonin, Resveratrol, Curcumin and Pine Tree Bark (Pycnogenol) are clinically proven powerful anti-inflammatory agents. Furthermore they can be taken long term with less side effects.

**Analgesic**
Endometriosis is often, but not always associated with pain. The pain can be severe and incapacitating. Pain control for endometriosis is very difficult as narcotics like Percocet or Vicodin work only short term and higher doses are required over time due to tolerance. Regular anti-inflammatory drugs like Motrin or Aleve, are somewhat effective but long term use may lead to gastrointestinal problems and interfere with ovulation and fertility. Melatonin has natural analgesic properties and also helps with sleep. French pine tree bark has been shown to be effective with menstrual cramping, Resveratrol may have central analgesic effects.

Aromatase Inhibition

Endometriosis is the presence of endometrial tissue outside the uterus. As is the case with normal endometrium, endometriosis also grows in presence of estrogen. Aromatase is an estrogen producing enzyme that is aberrantly expressed in endometriotic lesions. Aromatase is not expressed in normal endometrium. Resveratrol and Melatonin have shown to be a significant aromatase inhibitor in clinical trials.

Here are 7 simple techniques that I have used that seem to help my bloating:

1. Drink loads of water.
   I know you think that is the last thing you want to do but water is the best way to flush out water retention so keep up your fluids. Add a slice of lemon to give it some flavour and sip on it all day long. Also, it is best to drink luke warm or warm water rather than cold water. It helps things flow through easier and get absorbed easier.

2. Take off those tight clothes!
   Tight clothes restrict the natural processes of the body, including digestion, kidneys and bladder. You want things to be able to move as much as possible without being squashed for space! Get into some cool fashion options for endo girls and you’ll notice a drastic improvement!

3. Avoid the “Sugar High, sugar low” scenario.
   What I mean by this is, avoid spending you day eating sweet things or caffeine related things to get a “rush”. After you’ve had the sugar, biscuit, chocolate, coffee… you drop down to a low, usually about an hour later. So, inevitably you have another chocolate, biscuit, tea with sugar, coffee or anything with sugar in it to get back up. I used to do this all day and didn’t really understand why this was so bad for me. I spent at least half of my day wide awake so what was the problem with that? Well, now that I have read about these things, I can share some interesting things about what actually happens when we do the “Sugar High, Sugar Low” scenario.

   If we do this for an extended period of time, our body recognises this as a stress or “fright or flight” situation, where it needs to prepare for battle. It shoots out adrenaline. This causes a heap of reactions, which I will get into another time but for now, all we are focusing on is the bloating scenario.
Natural Cures for Endometriosis

The reason we bloated from sugar is that when the adrenalin leaves our cells, it replaces the cells with water. This is that wonderful puffiness and bloating we know as water retention.

4. Avoid Salt.
We eat heaps of salt. It is in many vegetables and fruit and we don’t really need to add anymore to our diet. We only need 500mg a day to stay healthy. A very easy way to reduce salt but still have the good flavours is to replace your salt with other spices, dried herbs, fresh herbs and home-made sauces. Check the labels on everything you eat and try and cut out on the foods which contain heaps of salt. These days they seem to use salt in almost everything. Even Peanut Butter! Most common places to find heaps of salt are packaged sauces and packaged meals.

5. Get moving
I know how hard this is at work. You are stuck at a desk all day, not moving and the bloating just seems to get worse and worse as the day progresses. By the time you get up from your desk at the end of the day, you feel like you are 4 months pregnant! I have found this scenario recently and found a great solution. It is a Gym Ball! Yip, you can get them and sit on them all day. They do take about a week or two to get used to but they will help with more than just the bloating. They can help with lower back pain and building up those core muscles giving you a better posture and helping taking the load off. I love my bright yellow one! Everyone at work thinks I’m a little odd but hey I don’t get bloating anymore!

Naturally, walking or any form of exercise will always help too. If you can get into a sweat that will be the best. Go for a sauna to really get the liquids flowing! Just make sure you re-hydrate heaps afterwards!

6. Drink or eat some natural diuretics
There are some wonderful natural diuretics which won’t deplete the body of any nutrients in the process of flushing out the extra water. Dandelion Leaf Tea is a fabulous one and if you feel like picking the leaves yourself and making a tea. Dandelion is really easy to spot. It has that big fluffy head on it, that you probably blew on when you were a kid! Just pick the leaves, dry them over a few days and you have your own tea. Dandelion grows just about anywhere, especially on lawns so it should be pretty easy to find them. Otherwise, you can just get them from the health store.

The other diuretics you can use are dill seeds, parsley, cucumber and fennel.

7. Use some natural aromatherapy oils
My favourite is Juniper! You can use them as massage oil or you can add them to the bath. Just a few drops should do the trick. Just make sure you have at least 30 minutes to yourself (good excuse to relax and get away!)

So, there you have 7 of my options for reducing bloating for Endometriosis. I find on days where I get particularly bloated, I will eat a bunch of parsley, have some Dandelion Leaf Tea and then
have a wonderful hot bath with Juniper Oil. I feel great once I get out of the bath and all the bloating is reduced.

On a side note….

There is a difference between being bloated from water retention and from having Endometriosis inflammation. Usually the bloating will only arise after perhaps having too much salt or not enough water. The feeling of being “bloated” with Endometriosis is better described as being inflamed. Essentially, Endometriosis is an inflammatory condition. There are heaps of options to reducing inflammation in the body.

Bloating is really uncomfortable and will only aggravate your symptoms with Endometriosis. It is a good idea to ensure you are always well hydrated and everything is “flowing” as it should.

Disclaimer and Safety Information

This information (and any accompanying material) is not intended to replace the attention or advice of a physician or other qualified health care professional. Anyone who wishes to embark on any dietary, drug, exercise, or other lifestyle change intended to prevent or treat a specific disease or condition should first consult with and seek clearance from a physician or other qualified health care professional. Pregnant women in particular should seek the advice of a physician before using any protocol listed on this website. The protocols described on this website are for adults only, unless otherwise specified. Product labels may contain important safety information and the most recent product information provided by the product manufacturers should be carefully reviewed prior to use to verify the dose, administration, and contraindications. National, state, and local laws may vary regarding the use and application of many of the treatments discussed. The reader assumes the risk of any injuries. The authors and publishers, their affiliates and assigns are not liable for any injury and/or damage to persons arising from this protocol and expressly disclaim responsibility for any adverse effects resulting from the use of the information contained herein.
Natural Cures for Endometriosis

Title:

ENDOMETRIOSIS

Part of the Following:
Large Scale Study of the Safety and Efficacy of the SCIO/Eductor Device

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Natural Cures for Endometriosis

Abstract:

This study demonstrates the safety and effective qualities of the SCIO device used in a large scale study. A large scale study of over 100,000 patients with over 300,000 patient visits reported their diseases. Many of them reported endometriosis. And the results of their therapy are reported in this study. 589 were treated 67% improvement was seen.

Introduction:

Over View:

This Large scale research was designed to produce an extensive study of people with a wide variety of diseases to see who gets or feels better while using the SCIO for stress reduction and patient monitoring. The SCIO is an evoked potential Universal Electro-Physiological Medical apparatus that gauges how an individual reacts to miscellaneous homeopathic substances. The device is registered in Europe, America, Canada, S Africa, Australia, S. America, Mexico and elsewhere. The traditional software is fully registered. Some additional functions where determined by the manufacturer to be worthy of evaluation. Thus a study was necessary to determine safety and efficacy. (As a result of these studies these additional functions are now registered within the EC)

A European ethics committee was officially registered and governmental permission attained to do the insignificant risk study. Qualified registered and or licensed Biofeedback therapists where enlisted to perform the study. Therapists were enrolled from all over the world including N. America, Europe, Africa, Australia, Asia, and S. America. They were trained in the aspects of the study and how to attain informed consent and transmit the results to the ethics committee or IRB (Institutional Review Board).

2,569 therapists enlisted in the study. There were 101,201 patients. 69% had more than one visit. 43% had over two visits. There were over 300,000 patient visits recorded. The therapists were trained and supervised by medical staff. They were to perform the SCIO therapy and analysis. They were to report any medical suspected or confirmed diagnosis. Therapist’s personnel are not to diagnose outside of the realm of their scope of practice. Then the therapist is to inquire on any reported changes during the meeting and on follow-ups any measured variations. It must be pointed out that the Therapists were free to do any additional therapies they wish such as homeopathy, nutrition, exercise, etc. Therapists were told to not recommend synthetic drugs. Thus the evaluation was not reduced to just the device but to the total effect of seeing a SCIO therapist.

Part 1. The emphasis was on substantiating safety followed by efficacy of the SCIO.

Part 2. Proving the efficacy of the SCIO on diseases (emphasis on degenerative disease)

Part 3. Proving the efficacy of the SCIO on the Avant Garde therapies of Complementary Med
Natural Cures for Endometriosis

Part 4. QQC standardization

Methods and Materials:

SCIO Device:

The SCIO is an evoked potential Universal Electro-Physiological Medical device that measures how a person reacts to items. It is designed to measure reactions for allergy, homeopathy, nutrition, sarcoodes, nosodes, vitamins, minerals, enzymes and many more items. Biofeedback is used for pre-diagnostic work and or therapy.

The QXCI software will allow the unconscious of the patient to guide to repair electrical and vibrational aberrations in your body. For complete functional details and pictures, see appendix.

Subspace Software:

The QXCI software is designed for electro-physiological connection to the patient to allow reactivity testing and rectification of subtle abnormalities of the body electric. If a patient is not available a subspace or distance healing link has been designed for subspace therapeutics. Many reports of the success of the subspace have been reported and thus the effectiveness and the safety of the subspace link is part of this test. Many companies have tried to copy the subspace of Prof. Nelson and their counterfeit attempts have ended in failure.

SOC Index:

The SCIO interview opens with a behavioral medicine interview. This is called the SOC Index. Named after the work of Samuel Hahnemann the father of homeopathy, he said that the body heals itself with its innate knowledge. But the patient can suppress or obstruct the healing process with some behavior. Hahnemann said that the worst way to interfere with the healing natural process was Allopathy or synthetic drugs. Theses upset the natural healing process by unnatural intervention and regulation disturbance. Other ways to Suppress or Obstruct the Cure are smoking, mercury amalgams, stress, lack of water, exercise and many others. This behavioral survey then gives an index of SOC.

The scores relate to the risk of Suppression and Obstruction to the natural Cure. The higher the scores the more the Suppression and or Obstruction. The scores of 100 or lower are ideal. A copy of the SOC index questions appear in the appendix.

Study Technicians:

The study technicians were educated and supervised by medical officers. The study technicians were to execute the SCIO therapy and analysis. All were trained to the standards of the International Medical University of Natural Education. Therapists from all over the world including N. America, Europe, Africa, Australia, Asia, S. America and elsewhere were enlisted to perform the study according to the Helsinki study ethics regulations.

They were to chronicle any medical suspected or confirmed diagnosis. Therapists personnel are
Natural Cures for Endometriosis

not to diagnose outside of the realm of their scope of practice. Then the study technician is to inquire on any disclosed observations during the test and on follow-ups report any measured changes.

To test the device as subspace against the placebo effect, two of the 2,500+ therapists were given placebo SCIO devices that were totally outwardly the same but were not functional. These two blind therapists were then assigned 35 patients each (only 63 showed). This was to assess the double blind factor of the placebo effect as compared to the device. Thus the studied groups were

A. placebo group,     B. subspace group,     and     C. attached harness group.

Cross placebo group manipulation was used to further evaluate the effect.

Important Questions: these are the key questions of the study

1. Define Diseases or Patient Concerns
2. Percentage of Improvement in Symptoms
3. Percentage of Improvement in Feeling Better
4. Percentage of Improvement Measured
5. Percentage of Improvement in Stress Reduction
6. Percentage of Improvement in SOC Behavior
7. What Measured + How (relevant measures to the patient’s health situation)
8. If Patient worsened please describe in detail involving SOC_

After the patient visit is was complete the data was e-mailed to the Ethics Committee or IRB for storage and then analysis. This maneuver minimized the risk of data loss or tampering. Case studies were reported separately in the disease analysis.

MEDICAL DETAILS

Ectopic endometrium located in various sites throughout the pelvis in the abdominal wall. It is caused by stress which stimulates over stimulation of the hypothalamus glands release of growth hormone.

Since it is estimated that 25 to 50 per. of infertile women have endometriosis, it should be suspected in any woman with infertility. Dysmenorrhea, particularly beginning after several years of pain_free menses, and dyspareunia may occur. Suprapublic or rectal pain may be present, and abnormal bleeding is frequent, although the cause is unknown. Examination may be normal or may reveal visible lesions on the vulva or
Natural Cures for Endometriosis

cervix, in the vagina, in the umbilicus, and in surgical scars. There may be retroverted and fixed uterus, enlarged ovaries, or uterosacral nodularity. In the absence of external visible lesions, the diagnosis can only be made by laparoscopy. Staging of the extent of the disease into mild, moderate, and severe forms is important in evaluating response to therapy and in communicating the seriousness of the disorder to other physicians.

Avoid coffee, chocolate and nicotine, reduce stress, .

- Constant menstrual pain referred to the rectum and lower sacral or coccygeal regions
- Dyspareunia (with uterosacral involvement or vaginal extension)
- Pain on defecation (with rectovaginal segment and colon involvement)
- Dysuria (bladder involvement)
- Nausea and vomiting (with small bowel and appendix involvement)
- Excessive, prolonged, or frequent uterine bleeding with no specific pattern

OVARY

1. Endometriosis

Endometriosis is the presence of endometrial glands and stroma in sites other than the uterine corpus. Aetiological theories include retrograde menstruation and Mullerian metaplasia of the mesothelium.

Sites

(i) Ovaries
(ii) Fallopian tubes
(iii) Rectovaginal septum _ pouch of Douglas
(iv) Peritoneum
(v) Umbilicus
(vi) Rare sites _ vulva, vagina, appendix, intestinal wall

Effects

(i) 'Chocolate' cyst formation
(ii) Intra_pelvic haemorrhage
Natural Cures for Endometriosis

(iii) Formation of adhesions
(iv) Endometrioid adenocarcinoma of the ovary
(v) Infertility

2. Neoplasms

(i) Epithelial _benign, borderline or malignant
   a. Serous
   b. Mucinous
   c. Brenner
   d. Endometrioid

(ii) Germ cell tumours
   a. Teratoma
      Mature cystic
      Immature solid
   b. Extra_embryonic
      Yolk sac tumour
      Choriocarcinoma
   c. Dysgerminoma
   d. Malignant mixed germ cell tumours

(iii) Sex_cord stromal tumours
   a. Thecoma
   b. Granulosa cell tumour
   c. Sertoli_Leydig cell tumour
   d. Mixed germ cell / stromal tumour (gonadoblastoma)
Results:

Before we review the direct disease improvement profiles, we need to review the overall results. The first most basic of question in the results is the basic feedback of the generic patient conditions.

1. Percentage of Improvement in Symptoms
2. Percentage of Improvement in Feeling Better
3. Percentage of Improvement Measured
4. Percentage of Improvement in Stress Reduction
5. Percentage of Improvement in SOC Behavior

The SOC index gives us great insight to this study. Each disease has a different cut off where the ability of the SCIO to help was compromised. As a general index scores of 200 + where much less successful.

ENDOMETRIOSIS

This group’s significant SOC cut off was 122.

The large scale study had over 98,000 patients and 275,000 patient visits we have direct evidence of the safety and efficacy. A placebo group was used for the large scale test to help validate the results.

This disease group total number of patients was 589

Subspace Treatment 320 patients, 269 SCIO Harness Patients

OVERALL ASSESSMENT
A. Subspace Treatment 489 patient visits

There were 0 cases of patients who reported a negative Improvement. None of these cases reported any major difficulty.

There were

2 cases reporting no improvement of Symptoms, .002 % of Subgroup
1 cases reporting no improvement in feeling better, .002% of Subgroup
2 cases reporting no improvement in stress reduction .004% of Subgroup

32%--- Percentage of Improvement in Symptoms
34%--- Percentage of Improvement in Feeling Better
21%---.Percentage of Improvement Measured
43%-- Percentage of Improvement in Stress Reduction
2%----Percentage of Improvement in SOC Behavior

B. SCIO Harness Treatment 430 patient visits

There were 1 cases of patients who reported a negative Improvement. None of these cases reported any major difficulty.

There were

0 cases reporting no improvement of Symptoms, .001 % of Subgroup
0 cases reporting no improvement in feeling better, .001 % of Subgroup
1 cases reporting no improvement in stress reduction .001% of Subgroup

67%--- Percentage of Improvement in Symptoms
59%--- Percentage of Improvement in Feeling Better
Natural Cures for Endometriosis

52%---.Percentage of Improvement Measured

66%-- Percentage of Improvement in Stress Reduction

12%----Percentage of Improvement in SOC Behavior

CASE STUDY REPORT CONDENSATION:

“I have worked with a 2 year old female who was throwing tantrums everyday for many weeks. She had fallen several weeks earlier and bumped her head. I told her mother about biofeedback and Dr recommends homeopathic remedies. She decided to do a session. I took an hour to run my protocol, advised her to use some hompeopaths for the child and she has not thrown a single tantrum since this session.

A friend of mine told me that her friend was diagnosed with endometriosis and that she would have to have surgery for this within a few weeks. She had had many pains and female issues. I had to act quickly so I sent her a bottle of Fem B - Dr Recommends. She took it for 3 days and all of her symptoms disappeared. She told me that she cancelled the surgery during a presentation I gave, in the town she lived in.

I am a 29 year old male and have had acne for over ten years. I have used diet, cleansing and other natural remedies. My symptoms decreased around 80%. I own the biofeedback device and I am the one sending this email. I did a session using the situation method, specifically on this issue. The results showed a possible bacteria problem. I proceeded with my protocol and then used Dr recommends Bacteria Fuge for over a week. My acne is nearly 100% diminished. There is hope for those who seek the truth.

I have scanned my girlfriend who is 25 years old several times. She has had some cramps, back pain and headaches prior to these sessions. She uses Dr Recommends remedies - Fem B, Thyroid Thymus and Parathyroid. Basically I use the device to detect the appropriate remedies for her during the month. She has no headaches, her back pain has decreased by 75% and she has no more cramps.
Natural Cures for Endometriosis

I scan my mother who is 55. She has been diagnosed with hypothyroid and was taking synthetic drugs for this. I told her to try the Dr, Recommends Thyroid Thymus Parathyroid. She told her physician about it as well. She no longer uses the drugs and she has told me she notices a clearer mind when using the biofeedback and homeopathics.

I worked with a 10 year old girl who had different allergies that were pollen related. I did a biofeedback scan and sure enough it showed on the device both in the allergy screen and in the main matrix. I did the session and gave her the Dr. Recommends Pollen remedy. Her allergies have decreased considerably since this session.

Dilworth, Minnesota”

“I have had my device for about 2 years now and use it mainly on myself and family. I am 40 years of and age and have suffered with endometriosis for 20 years. After multiple surgeries and a partial hysterectomy the only thing left for me was a complete hysterectomy. Right around the time I bought my device I was trying to make a decision as to what to do about this for I did not want to lose another body part! Well, I'm sure you can guess the rest. I'm still hanging in there 2 years later and feel much better with the use of my device.

City Unknown”

“Female, 20-currently 26, CNS disorder: Narcolepsy with Severe Cataplexy; Endometriosis; Hypoglycemia; Delayed Sleep Phase syndrome; 6+ years, July 20, 2005 No more symptoms of the Narcolepsy or Delayed Sleep Phase; easing of the endometriosis

City Unknown”

“Age 47, female. Blood pressure, TMJ, anxiety, endometriosis. Client since 2005. She noted TMJ improved after one session. She reported her anxiety was less after 3 sessions. She feels she needs sessions every 5 weeks or so to keep feeling good.
Natural Cures for Endometriosis

City Unknown”

“I have a client who was 35 at the time, she and her husband had been married for 15 years and had not been able to conceive and had done everything to get pregnant. She was told that due to her endometriosis and Circulation issues that they were never going to conceive. I have worked with her for three sessions over a 2 week period. She cried the first session for 1.5 hours and never talked about a thing. I just work with the stress and did short therapy for fertility. Three months later she was pregnant and now has a son who is three years old.

City Unknown”
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USUAL or CUSTOMARY TREATMENT PLAN:

Herbs: Western
Garlic and echineca: Antimicrobials in tincture 10 drops in glass of water x 3 daily.
Cleavers (Galium): Should be used in lymphatic drainage.
Chinese
Gentiana Combination: For acute or chronic endometritis due to bacterial infection.
Cinnamon and Hoelen Formula: When due to retained placenta, myoma of uterus with leukorrhea, and difficult or excessive menstruation.
Persica and Rhubarb Combination: For sever endometritis.
Rhubarb and Moutan Combination: For the most serious cases of endometritis.
Degex; Fem_Pro; Blood Liquescence; Female Liquescence; Fatty Acid Liquescence; Endometriosis nosode; Menstrual Pain
Arsenicum album: 3X four times daily.

SCIO TREATMENT SUGGESTED

Traditional medicine attributes menstrual pain to either congealed Blood or the Cold Excess which impede the circulation of Qi and obstruct the channels. Pain which precedes menstruation is usually a symptom of Excess associated with stagnant Qi and congealed Blood. Pain which follows menstruation is a Deficient symptom associated with Cold. In addition to pain preceding menstruation, other symptoms associated with stagnant Qi and congealed Blood include distension and soreness in the flanks, chest and breasts, impeded menstrual flow, dark blood and occasionally clots. Other symptoms associated with Cold include pallid complexion, lassitude, sensitivity to
Natural Cures for Endometriosis

cold, abdominal pain which is alleviated when warmth is applied, scanty menstrual flow which is dull in color and clear.

Treatment is directed toward spreading the Qi through the uterus.

The patient should keep warm during the menstrual period and avoid eating raw or cold foods.

Needling

Principal points: Co-4 (Guanyuan), Sp-6 (Sanyinjiao)

Supplementary points: S-29 (Guilai), Co-7 (Yinjiao), S-36 (Zusanli), B-23 (Shenshu), Co-6 (Qihai)

Method: Begin treatment one week prior to menstruation, treating once every other day. If the pain is severe, needle Sp-6 with strong stimulation for 20 minutes or until the pain is alleviated.

For symptoms of stagnant Qi and congealed Blood, add S-29 and Co-6.

For symptoms associated with cold, add S-36 and B-23. Electro-acupuncture may also be used, connecting points bilaterally on the lower limb. Use a relatively high frequency current for 10-15 minutes.

Discussion:

The results show significant improvement in symptoms and feeling better. The Collective results show a dramatic benefit to the SCIO therapist visit.

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SCIO TREATMENT SUGGESTED

Color - set patient's favorite if desired, or choose color by chakra that is deficient

Cosmic: set 1 for physical body, 2 for astral, 3 for etheric, 4 for mental, 5 for cosmic, 6 for other

Magnetic Method - 1+10 is universal, 7 for detox, 8 for regrowth of new tissue, 3 for injury, 2 for metabolic correction, 5 for inflammation, 6 for infection, 9 for psych stress, 2 for energy stimulation

Frequency -

Scalar for 30 min once a month in early stages once a week in later stage

Auto Trivector for 30 min once a month in early stages once a week in later stage
Six yoga exercises you can start with

You can do these yoga exercises all together or try one or two. Remember that yoga should never be painful. It can be challenging at times but it should never hurt. So just listen to your body.

1. The long deep breathing

The long deep breathing technique is important. Many of us tend to breathe too shallow. When you breathe long and deeply you activate the parasympathetic nervous system: relax- and rest mode. The muscles start to relax and your mind becomes calmer.

This is how you do:

Start lying on your back or sit with your spine straight. Inhale through the nostrils fill the lower part of the lungs, expanding the abdomen.

Continue to inhale and fill the middle lungs and feel that the chest is expanding and the abdomen is sinking slightly.

Continue to inhale and fill the upper lung and feel the collarbones lifting a little bit. Exhale in reverse order: first the collarbones sink down followed by the chest and at last the abdomen.
Natural Cures for Endometriosis

After you have exhaled wait a couple of seconds until you inhale again. Let the body decide when it’s time to inhale again. Continue to breathe long and deeply as long as you want. 5-10 minutes a day are great!

2. Sufi grind

Sufi grind is a nice yoga pose for your hips, lower spine and digestion. It is very calming.

This is how you do:

Sit in easy pose or on a chair.

Place your hands on the knees, rotate the torso, moving from the hips. Move your body clockwise in big circles. Gradually allow the whole abdominal area to relax and release. Inhale on the rotation in front, exhale back. Stay conscious of the breath as it helps create the movement. After 1-3 minutes change direction and rotate anti-clockwise.

To end the pose, come into the center with the spine straight. Take a deep breath and relax. You can also check out this video.
3. **Squatting pose**

Squatting is one of my favorite pose to do if you have pain. A lot of women have given me great feedback on this one. It works for pain.

This is how you do.

From a standing position with your legs apart, squat down and maintain that position. The toes should be straight forward and your spine as straight as possible. Pull in your chin so you get the straight line from your spine up in the neck. If you need to make any adjustment with your legs to be as comfortable as possible you can do that. Wrap your arms around your knees and breathe long and deeply. Feel so you breathe all the way down to your belly.

Sit in this pose for 1 min to 3 min. You can also sit longer if you want.
4. Wind release pose

This is a pose I recommend if you can´t to squatting pose. Maybe your muscles are too tight in the lower back and it gives you pain. This is also very good for pelvic pain and obviously good for wind release.

This is how you do:

Lie down on you back on the floor or on the bed. Pull down your knees to your chest, with your legs wide apart and wrap your arms around your knees. Breathe long and deeply. Continue for as long as you need.

5. Rock pose

Rock pose is another great pose if you have pain. Try this if you have menstrual cramps. It is also good for improving your digestion.

This is how you do:

Start kneeling on both knees, with the tops of the feet on the ground. Sit back on the heels.

Keep the spine straight. Breathe long and deeply for as long as you need.

If it is uncomfortable you can:
Natural Cures for Endometriosis

Tuck in a pillow between your legs close to the hollow of your knees. You can also put a pillow under your feet or knees. Try different ways to support until you have found it comfortable.

6. Cobra pose

Cobra pose is a great pose especially for your lower back but also to open up in your pelvis. If you can’t to the cobra pose you can do the modified version instead.

This is how you do it:

Lie on your belly and place your hands under your shoulders with your elbows by your side. Inhale as you lift your head and shoulders, pressing your hips into the floor and tightening your buttock muscles. Using your hands as support, arch your back up, keeping your feet as close together as possible. Gently stretch your neck and focus on your third eye point. Breathe long and deeply for 1-3 minutes.
Natural Cures for Endometriosis

Modified version

Set your elbows under your shoulders and your forearms on the floor parallel to each other. Inhale and lift your upper torso and head away from the floor into a mild backbend.

To end: Inhale and hold the breath. Exhale and carefully come down on your belly again and rest.